

# SPORTS

## INFANTRY MAY ENTER LEAGUE

**Soldiers Have a Proposition From Mailes to Use the Latter's Franchise.**

An important baseball deal between the Mailes and the Tenth Infantry was all but negotiated yesterday and may yet be put through.

The Mailes, having satisfied themselves that they cannot scare up a league team this year, approached the Infantry with a proposition to let the soldiers do the playing under the Infantry's name and receive half of the profits, the Maile management to finance the team and pay all expenses.

Major Van Vleet was tickled to death with his liberal offer and went down town to ratify the deal yesterday.

At the eleventh hour, however, the Rapid Transit Athletic Club made an offer for the Mailes' franchise, amounting, it is said to \$650. This of course looks good to the destitute Mailes and if the Ding Dings make a noise like ready money, the Mailes' mantle of greatness will descend on their shoulders with all the emoluments, privileges and perquisites pertaining thereto.

For this reason and this alone the proposed deal with the Camp McKinley aggregation of ball talent has been declared off, for the time being, at least.

If the Rapid Transits should be unable to make the necessary rifle, the Infantry will enter the big league with a whoop.

The Infantry should be able to get together a good nine. There are six or seven good players at the camp and new men will be arriving at the post all the time, some of whom are certain to be baseball players. Major Van Vleet has the call on the services of Burns and Lo On, of the late lamented Mailes, and would be at liberty to pick up a good man wherever he was able to do so.

With the vast amount of time for practice at the soldiers' disposal, they

should develop a nine which can win games with something like fair regularity.

Just what the Deshaless Punahou are going to do for a nine this season is a matter of much speculation. Several members of the club are strongly in favor of selling the franchise.

With the Rapid Transits in the league, the Kamehamehas would suffer severely from drafts on their team; Lemon, Hamauku, Plunkett, Jones and Reuter, all being in the trolley service. The Kams have a big alumnus to fall back upon, however, and can obtain more players at a pinch than any other club in the league. They would not suffer so severely, therefore, by the Rapid Transits inclusion in the league, as would appear at first blush.

That the shake-up in the league has come at an opportune moment and was needed, is the opinion of nearly every fan in Honolulu. Interest in the game was on the wane and another season of games played by last year's teams would have seen the league facing a financial loss.

As it is at present, however, local baseball is showing signs of experiencing something of a boom and the season is being eagerly looked forward to. It is up to the new teams in the league to make good and there is little fear but that they will do so.

Pitcher Joy will probably receive word by the S. S. Alameda whether his services will be required by the San Franciscos this season or otherwise.

The town could hardly console itself were it to lose the genial and talented Joy, but the bald fact remains that the interests of baseball here would be better served by the big pitcher going to the Coast. The reason for this is that it is almost a moral certainty that whichever club secures Joy's services as pitcher will win the pennant, and moral certainties in baseball are bad for gate receipts.

## Here and There

Japanese wrestling tournaments are being held nightly on Front street, Hilo. The seekers for championship honors come in from the surrounding plantations.

Hotel golf tourney at Haleiwa today.

Plover shooting on the favored grounds of the island continues good.

Dove shooting ends next Thursday.

Frank Wight, the Oahu College athlete, is down with pneumonia at Queen's Hospital.

The Oahu College track team will have a try-out in a few weeks.

En Sue, the crack Chinese Athletic Club sprinter, is attended when he practices, by a dress-suit case and a valet.

Some very fair millers are expected to start in the long-distance event at the C. A. C. meet on February 12.

There is a marked desire on the part of athletes to have the 100-yards stretch at the Boys' Field continued in width to the 220-yard starting point. As it is, the narrow track means that a club unlucky enough to draw outside positions has its chances in the event ruined at the start.

## Baseball Game for Birthday

There will be baseball on Washington's birthday. The Diamond Heads and H. A. C.'s have agreed to play an exhibition game on that day.

These teams will line-up in big league order and some sort of a line on their respective strength should be obtainable. Before the game a short program of sports will be run off, including running bases and throwing the baseball.

## Kercheval is a Burns Winner

(Associated Press Cablegram.)

SAN FRANCISCO, January 26.—The Burns Handicap was won today by Kercheval, the time being 2:08 1-5. Logistilla was second and Sir Edward third.

The Burns' Handicap constitutes the Blue Riband of the Western turf. The class of horses contesting for the prize is always high and the race has been won by some noted animals. The distance is 1 1/4 miles and the slow time made yesterday would indicate that the race was run on a heavy track. Last year's placings were: Dr. Leggo, 1st; Red Leaf, 2nd; Proper, 3rd. Kercheval was a little fancied horse for yesterday's event.

## Double Bill at Aala Park

The C. A. C. second team are scheduled to play the Haulanis at 1:15 p. m. at Aala Park today, the game to decide the championship of the first half of the Aala League's season. Should either team fail to put in an appearance there will be a game at 1:30 p. m. between the Kawaihae and the Chinese Alohas.

At 3:30 p. m. the Kamanuwaia and the Kiloanans will cross bats.



"MUMMY, WHAT'S THAT MAN FOR?"

## POINTERS ON GETTING FIT

**An Eminent Sporting Authority Outlines Some Practical Training Rules.**

The following article on physical training, by Tom O'Rourke, than whom no man understands the subject better, is timely, now that the local season for track athletics is starting. While it was written for professional athletes, it contains much advice which amateur devotees of every branch of sport will find exceedingly valuable:

Be sure to get nine or ten hours' sleep every night. Go to bed at nine and rise at 7 a. m. When you rise take the juice of one-half a lemon (as your appetite craves and judgment dictates) in as much water as makes it pleasant to drink without sugar. Under no condition use sugar.

In the night, on retiring, take the juice of one lemon in a goblet of water. This will clear the system of humor and bile, without any of the effects of calomel. One should not irritate the stomach by taking the lemon juice clear. The powerful acid of the juice when taken alone invariably produces inflammation if continued. One would think the lemon juice would make you thirsty. Not so. Instead it will quench the thirst, and you are not continually sneaking a drink of water on your trainer, for the least sip of the juice in water will satisfy you during the day.

Caution.—Do not use sugar with the lemons. It neutralizes the desired effect. It will with sugar cause instead of remove acidity.

"What shall we eat?" I say, and I believe, and always give my boys in training, whatever they liked best, as long as it was sound and wholesome, except salt meats and sweets. Ice cream I always allowed after dinner, as it pleased and cooled them off; but it would be made special for them, so as not to have much of anything but milk and eggs. Eat fruit—apples, pears and ripe plums—once a day. Eat sparingly of vegetables—no potatoes. When a man has to make weight do not use starchy food of any kind.

There are five essentials in training, if a man intends to perfect himself. He must sleep at least eight hours every night, observe abstinence from hurtful things, cultivate regular and good habits, calmness of temper, and have a laudable ambition.

The first thing to do when about to start training is to take a black draught. Any drugist will put it up. The first two or three days do light work. Rise about 7 a. m. After the usual custom of washing the face and hands and brushing the teeth the body should be wiped over with a sponge damp with sea water—not too cold—then be rubbed perfectly dry with soft sponge towels. After dressing take your glass of lemon juice in water as desired, then a moderate walk of fifteen minutes, just stroll along so as not to get the perspiration started.

Returning, breakfast about 8 a. m. Breakfast should consist of beefsteak or mutton chop, cooked to suit the taste, the rarer the more beneficial; good, wholesome stale bread, one day old—if a little coarse so much the better—and occasionally two fresh rare dropped eggs. Drink a cup of weak tea. About an hour after breakfast prepare for morning exercise, which should be a go-as-you-please for not more than eight miles, the first five miles to be walked at a fast gait, the remaining three miles to be run at a fast clip, arriving at the quarters in about one hour. Here the athlete should be competent men ready to take you in hand, in a comfortable room with no draughts, and rub you thoroughly dry with towels and then wipe the body over with sea water, as before, if a bathtub is not available. When you are through bathing you are rubbed dry as before and thoroughly massaged and rubbed with witch hazel and a small quantity of alcohol mixed with it. (Take a quarter of an ounce of capsicum to a gallon of witch hazel and alcohol mixed. Then be rubbed dry and dressed comfortably warm.

This will give you an hour for rubbing and dressing and an hour for your cooling out, and then you will be ready to eat a hearty dinner at 1 o'clock, which should consist of roast beef, roast or boiled mutton or broiled beefsteak, bread and butter—potatoes once a week.

If desired, take a bottle of ale for dinner only; if not, substitute weak tea. After dinner rest or lie about reading until 3 p. m., but don't go to bed, which is a great fault with many of our athletes of today. Then prepare for one hour of sharp exercise in fighting the bag, swinging the clubs, light sparring, shadow boxing, running, walking or rowing. After these exercises have been gone through, the regular routine of the morning, salt water, also the massage of witch hazel and alcohol, dress warmly as before. The clothing must be changed every day that it is worn on the road and in exercise, and the changes about the quarters at least twice a week.

Supper, about 6:30 p. m., should consist of mutton chops or cold roast beef or mutton plain, apple sauce, stale bread, a cup of weak tea and occasionally Irish oatmeal gruel, always taking care not to eat so as to overload the stomach. All meals taken in training should be only slightly salted, with no other seasoning, as highly-seasoned food causes thirst. When water is required it should be taken in small quantities. Take plenty of time at meals so that the food will be well masticated.

The rooms occupied for sleeping should be properly ventilated from the tops of the windows, and at no time should any clothing worn during the day be worn at night.

No tobacco in any form, and no food or beverages except those above named, should under any circumstances be made use of. Retire about 9:30 p. m. after you take your one lemon squeezed into a glass of water. Often a man is feverish and can not sleep when he first starts to work. If such is the case, have a glass of water, with some of the lemon juice in it, and take an occasional sip during the night, and it will allay the fever in a few days.

The time required to fit an ordinary man who has not dissipated is about three weeks. A man who has been out of training and who has lived high should take three months, and the best place for him to go is to the country.

Let the first two or three days' work be moderate and devote the last two days to rest, with only short walks. Refrain from all debilitating excesses and indulgences. In case of stormy weather increase the amount of work and exercise indoors, and particularly avoid wet feet or exposure to a draught, for when a man commences to lose flesh the least draught will give him cold. Provide a plentiful supply of underclothing for changes.

## Other Islands in Pa-u Parade

HILO, January 24.—The island of Hawaii is invited to send a representative to the floral parade to take place in Honolulu on Washington's birthday, February 22. Henry Vicars has received a letter from Secretary H. P. Wood of the Promotion Committee, who is arranging the affair, in which it is suggested that Hawaii have a rider in line. The letter says: "The idea is to have some young lady from your island furnished with a good horse and provided with a handsome pa-u riding costume to participate in the parade. Each island should meet the expense of being so represented by its princess or queen. The general committee will provide a herald, a boy mounted on a pony, who will precede your representative bearing the name of the island on a banner suspended from his trumpet. Proper escorts will also be furnished."

## LAST CHANCE FOR A SKATE

As the rink will close the end of the month (this week), it will be open every night, so that skaters may avail themselves and enjoy the exhilarating sport while it lasts. A big crowd enjoyed the "ladies' night" last evening, the fair sex predominating.

## GOOD SPORT IN THE BIG TANK

**Ladies' Night Celebrated With Swell Program of Diving and Swimming.**

Ladies' night at the Baths saw the place crowded and the sign "Standing Room Only" displayed at the door.

A fine program had been arranged and was carried through with commendable celerity.

The opening number was an exhibition of natatorial skill by Misses Restarick, Hastings and Berry (2). These young ladies showed themselves to be thoroughly at home in the water, and their performance, especially the high dive, was marked by a fearlessness which was remarkable.

George and Ben Clark next gave a clever performance on the rings.

A diving contest for plates was won by J. O'Brien, with a total of eight out of twelve plates brought to the surface.

The fifty-yard dash went to Cunha, who passed W. Cooper in the second length of the journey. The winner used a shorter, snappier stroke than his opponent.

P. Foss and C. Oss deadheaded in the barrel race.

The race under water was won by W. Cooper, who defeated Crozier and Freeth.

Freeth, O'Brien and Kopke gave one of the most finished exhibitions of diving ever seen in Honolulu, the cork-screw dive and cut-off back somersault being among the difficult feats executed. Freeth has the rest of the local divers beat a block.

Jess Woods showed that it is possible for a man to make good headway in the water, even with his hands and feet tied.

The entries in the 100-yard handicap race were Kopke, scratch; Lyle, 5 seconds; Foss, 7 seconds. The latter won, amid great applause, by a short second, Lyle and Kopke deadheading for second place.

A ludicrous costume stunt by members of the Diamond Head Athletic Club wound up a very pleasant evening.

Harry Tomlyns (in a Tuxedo) acted as announcer and cut loose a bunch of hot air that was a wonder and a joy.

## College Wins Socker Game

A game of socker was played yesterday between Oahu College and a town eleven, the former winning a good game by the score of 3 goals to 3. H. Gray refereed the game.

The teams were as follows:

Oahu College:  
Goal—William Desha.  
Full-backs—Chas. Davis, Withington.  
Half-backs—Dodge, Reid, Raymond Smith.  
Forwards—Stanward Dodge, Mon Yin, Lo On, Taylor, Chas. Lyman.  
Town Team:  
Goal—John Kea.  
Full-backs—R. Chillingworth, David Center.  
Half-backs—Henry Chillingworth, Lam Kee, E. Kellett.  
Forwards—Fred Bailey, Harry Bailey, E. Fernandez, Andrews, Kahaku Kea.

## MAINLAND ITEMS

Bill Squires recently defeated Bill Smith in Melbourne in a little more than half a round.

Abe Attell and Harry Baker were to have fought in Los Angeles for the featherweight championship, on the 18th inst.

Hugo Kelly is willing to fight Jack O'Brien, winner take all.

## FOOTBALL ON ROLLER SKATES

**New Sport Popular in States May Be Introduced in Honolulu.**

A new game has appeared on the indoor skating rinks in the States, and promises to become popular with experts on rollers. They are playing football with skates on, not the straight game, but a variation which includes scrimmages, field goals and punting.

Already there is talk of introducing the game in Honolulu.

In the main the rules for the game are the same as for the regular American college game, but there are a number of contingencies that occur upon a gridiron for cleated shoes that it is unnecessary to make preparation for in a roller skating rink. Twenty-two men flying around on the average-sized roller floor would be too many for any reasonable degree of safety, and, therefore, the number of players has been reduced to six—three men in the line and three in the back field. The linemen are a center, who works as snapper back, and two ends. The back field consists of quarter and two half backs, the full being the outdoor gridiron player that has been dropped.

The general rules for play are the same as the new rule game of regular football, with a few exceptions. The same restrictions are placed on the offense in the matter of using hands and legs; the linemen can not carry the ball except from their position. The quarter is allowed to the line, and is unhampered by the five yards out regulation of the turf game. There is no restrictive legislation in regard to the forward pass, and this play is allowed as many times during a scrimmage as suits the field generals. All kicks and passes render the offense onside as soon as the ball touches the ground or a player, and the ball may be put in play by any pass, but may not be kicked forward from scrimmage. Touchdowns and field goals all count five points each, and there is no opportunity for additional points from goals kicked after touchdowns.

The ball is put in play from the goal line of the side kicking, instead of from the center of the field, as in the game on grass. This departure is made necessary by the shortness of the field, which allows kicks of nearly its full length. On the kickoff the opposing side is not allowed to approach nearer than the center yard line of the gridiron.

The lines of the gridiron are marked off on the floor in black paint, and there is no necessity of longitudinal lines, owing to the absence of a five-yard rule. The distance to be gained in four downs is as under the new turf rules—ten yards. The goal posts are planted in small kegs to keep them upright, and the crossbar is ten feet above the floor. A touchdown is scored only when the ball has been planted behind the line between the posts.

It goes without saying that considerable skill is required of the players of this skating game, for there is no firm foothold as on an earthen field.

## SEND FOR MY MARKET LETTER

You probably know that Goldfield, Nevada, is the greatest mining camp the world has ever known. One mine, the Mohawk, produced \$2,000,000 in 106 days. I advised everybody to buy it at \$1 a share. It has since sold up to \$20. Fortunes have been made in the Goldfield stocks. In the next few months we are going to see a greater boom than ever and more fortunes will be made. To know what is doing you will have to read my market letter. I get my information direct from my Goldfield office. One customer of mine made \$16,000 in three months. You can do as well if you have the right information. Send me your name and address and I will advise you. It costs you nothing. Address:

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